

winter ready montana

Winter Ready Checklist

Use this Winter Preparedness Checklist to help you and your family prepare for cold-weather hazards in your home and on the road. Be sure your car and home has emergency supplies on hand that can last at least three days:

- ✓ Bottled water, 1 gallon per person per day
- ✓ Food that doesn't need refrigeration
- ✓ Flashlights and batteries
- ✓ Prescription medicines
- ✓ Battery-powered radio
- ✓ First aid kit
- ✓ Clothing and blankets for each family member
- ✓ Cellular phone and emergency charger
- ✓ Pet food and additional water for pets
- ✓ Have a good supply of dry wood for your fireplace or wood-burning stove



Take precautions to avoid the flu:

- ✓ Wash hands often and use your sleeve when coughing or sneezing
- ✓ Avoid touching eyes, nose and mouth
- ✓ Drink plenty of water and eat healthy foods
- ✓ If you are sick with a flu-like illness, stay home and limit contact with others



For more information call **406-444-1718**

or email ready@mt.gov

www.ready.mt.gov



servemontana

GOVERNOR'S OFFICE OF COMMUNITY SERVICE

EMERGENCY CONTACT CARD

First Person to Contact: _____

Address: _____

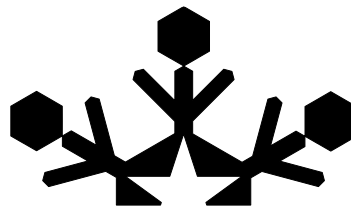
City: _____ State: _____ Zip Code: _____

Cellphone: _____

Home Phone: _____

Email: _____

Other Info: _____



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Ensure a safe driving experience this winter—be prepared, alert, and cautious. Follow these winter driving tips:

- * Slow down and maintain extra following distance between vehicles
- * Check the weather before you leave: www.weather.gov
- * Keep a bag of sand or litter in your car for traction if you get stuck
- * Expect ice on bridges and slow down
- * Check the condition of your tires frequently
- * Keep an emergency supply kit in your car
- * If you find yourself stranded, stay in your car, put on your flashers, call for help if you can and wait for help



Montana Department of Transportation works hard every winter to clear thousands of miles of Montana roads. Before you hit the road check the conditions by calling **5-1-1** or visiting: www.mdt511.com

Recognize Signs of Hypothermia

- * Slurred speech and confusion
- * Drowsiness and lack of energy
- * Clumsiness or lack of coordination
- * Weak pulse and slow, shallow breathing



If you think someone is hypothermic, call 911 immediately. Move the person indoors if possible. Remove any wet clothing and cover the person in blankets. If the person is alert, give them a warm, non-alcoholic drink. Avoid rubbing skin or using heating pads which could damage skin.



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